

HUMAN BODY

abdomen ≈ **belly** (barriga, pança, bucho), **stomach/stomachs** (barriga por dentro, bucho), **tummy** (child's word) (barriguinha)

* **navel** = belly button = tummy button (child's word) (umbigo)

* **spleen** (baço)

the back (as costas)

blink x wink

to blink (the eyes) at someone [piscar (os olhos) para alguém] - blink (piscada)

to wink at someone [piscar (um olho) para alguém] - wink (piscada/piscadela)

to blush/flush/go red with embarrassment/shame (ficar vermelho de vergonha, corar de vergonha)

body postures

* to be hiding (estar escondido)

* to be kneeling (estar ajoelhado)

* to be lying (estar deitado)

* to be sitting (estar sentado)

* to be squatting/couching (estar agachado)

* to be standing (estar em pé)

to breathe - breath (respiração, fôlego, hálito)

* **to get/have bad breath** (estar com mau hálito, ter mau hálito, estar com bafo, ter bafo)

* **to be/get out of breath = to be/get breathless** (estar/ficar sem fôlego, estar/ficar ofegante)

* **to breath in / to breath out** (inspirar / expirar)

* **to hold the breath** (prender a respiração)

* **to take a breath** (respirar, tomar fôlego, tomar ar, dar uma respirada)

** **to take a deep breath** (respirar fundo)

He's been overworking. He needs to take a break and a deep breath.

Ele tem trabalhado demais. Ele precisa de dar uma pausa e respirar fundo.

cortex/cortices x medulla

Note: bone marrow (medula óssea)

face: bust (busto), cheek (bochecha), chin (queixo), eyebrow (sobrancelha), eyelashes (cílios), eyelid (pálpebra), forehead (testa), jaw (mandíbula), scalp (couro cabeludo), nasal sinus (seio nasal)

fingerprint (impressão digital, digital)

footprint (pegada)

five senses

* **hearing:** earwax (cera de ouvido)

* **sight**

* **smell**

* **taste**

* **touch**

hair (humans) x **fur** (animals) (ambos significam “pelo”)

to hiccup - to hiccup (AmE) / **to hiccough - hiccough** (BrE) (soluçar/solução ao ingerir algo com muita rapidez ou rir muito) - **to have/get the hiccups** (estar com solução)

to sob - sob (soluçar/solução ao chorar)

hoarse - hoarseness

hunchback (noun) - **hunchbacked** (adj.) (corcunda)

The Hunchback of Notre-Dame

lower limbs: ankle (tornozelo), calf/calves (panturrilha), heel (calcanhar), hip (quadril), knee, shin (canela), sole of the foot, thigh (coxa), toenails, waist (cintura)

* **toes:** big toe (dedão), little toe (mindinho)

upper limbs: arm, armpit (axila/sovaco), elbow (cotovelo), fingernails, fist (punho), forearm (antebraço), knuckle (nó dos dedos), palm of the hand, shoulder (ombro), wrist (pulso, munheca)

* **fingers:** thumb (dedão), index finger = forefinger (indicador), middle finger (dedo do meio), ring finger (anelar), little finger = pinkie (mindinho)

- **actions**

* to get on (all) fours (ficar de quatro)

- to be on (all) fours (estar de quatro)
- * to kneel (down) (ajoelhar-se)
- to get (down) on one's knees (ficar de joelhos)
- to be on one's knees (estar de joelhos)
- to be kneeling (estar ajoelhado)
- * to shrug
- * to squat (down) = to crouch (down) (agachar-se)
- to be squatting/couching (estar agachado)

neck: throat, vocal cords

to shiver = to tremble = to shake

skin

- * **marks on the skin:** birthmark, blister, bruise, freckle, mole, pimple/zit/spot, scar, wart
 - **actions**
- * **to itch** (coçar) - **itching** (coceira) - **to be itchy** (estar coçando)
- * **to tingle** (formigar) - **tingling** (formigamento) - **to be tingly** (estar formigando)

thorax/thoraces/thoraxes ≈ chest

- * **breast** (mama/peito/seio): areola, nipple, tit (teta), titty (tatinha)

weight: to put on weight = to gain weight (engordar, ganhar peso)

I've put on so much weight that the skirt hasn't fastened any longer.

My colleague has a lump in her left breast.

Meu colega de trabalho está com um caroço na mama esquerda.

HUMAN BODY SYSTEMS

cardiovascular system

blood vessels: artery and vein

heartbeat (batimento cardíaco), **pulse**

- * **heart rate** (frequência cardíaca) - **beats per minute (bpm)**

**** resting heart rate** (frequência cardíaca em repouso)

The usual resting heart rate of a healthy human ranges from sixty to one hundred beats per minute.

digestive system

digestive tract: mouth (upper/top lip, lower/bottom lip) → pharynx/pharynges → esophagus/esophagi (AmE) / oesophagus/ oesophagi (BrE) → stomach/stomachs → small intestine → large intestine (cervical appendix/appendixes, colon) → rectum/ recta/rectums → anus

glands attached: liver, gallbladder (vesícula biliar), pancreas, salivary glands

teeth: wisdom tooth

actions

* to chew – chewing

* to fart (peidar) – fart (peido)

* to swallow (engolir, deglutir) – deglutition

female/male reproductive system

genitals = genitalia (genitais, órgãos genitais, genitália), **sexual organs**

* **female genitalia:** clitoris, hymen, ovaries, uterus, vagina, womb (útero, ventre)

* **male genitalia:** penis, prostate gland, testicles

private parts (partes íntimas): bottom (AmE and BrE) / butt (AmE) / bum (BrE) (bunda, traseiro), buttock (nádega), ass (AmE) / arse (BrE) (both are vulgar) (bunda, traseiro, rabo, cu), groin (virilha)

cramps (cólica) - **period/menstrual cramps** (cólica menstrual) - **to have/get period cramps** (cólica menstrual)

She's suffered from severe period cramps lately and has decided to go to the doctor to look into it.

Ela tem tido fortes cólicas menstruais e decidiu ir ao médico para investigar.

locomotor system = musculoskeletal system

muscular system: tendon = sinew

skeletal system: bone marrow (medula óssea), clavicle = collarbone, joint (articulação), rib (costela), scapula/scapulae = (shoulder) blade (escápula), skeleton, skull, sternum/sterna/sternums = breastbone, vertebra, vertebral column = backbone = spine (coluna vertebral), thoracic cage = rib cage

* **lower limbs:** femur, fibula/fibulae, patella/patellae = kneecap, tibia/tibiae

* **upper limbs:** humerus/humeri, radius/radii, ulna/ulnae

cartilage - cartilaginous

cramp (cãibra) - **to have/get a cramp in [body part]** (ter cãibra)

I've got a cramp in my right leg while I was sleeping and woke up in a lot of pain.

Tive uma câibra na minha perna direita enquanto dormia e acordei muita dor.

One of the swimmers got cramp and had to drop out of the race.

Um dos nadadores teve câibra e precisou abandonar a prova.

nervous system: neuron, nerve, spinal cord (medula espinhal)

respiratory system:

respiratory tract: nose (nostrils) → pharynx/pharynges/pharynxes → larynx/larynges/larynxes = voice box (voice cords) → trachea/tracheae/tracheas = windpipe → lungs (bronchus/bronchi → bronchiole → alveolus/alveoli)

others: diaphragm, pleura/pleurae, thoracic cage = rib cage

- **actions**

* to sigh (suspirar) – sigh (suspiro)

urinary system: bladder (bexiga), kidney

other systems: immune system